**Vitamin D**

Scientists have known for a long time that vitamin D is essential for humans. If children have a vitamin D or calcium deficiency, they can develop rickets, a softening of the bones. New studies are showing that people of all ages need vitamin D to help them fight off diseases by keeping their immune systems strong.  
  
1. The main idea of this paragraph is that vitamin D \_\_\_\_\_\_\_.  
  
a. is found in milk  
b. has been studied by scientists  
c. is no secret  
d. is important for good health  
  
2. If something is *essential*, it is \_\_\_\_\_\_\_.  
  
a. harmful  
b. expensive  
c. dreadful  
d. needed  
  
3. When you have a *deficiency* of something, you \_\_\_\_\_\_\_.  
  
a. have all you need  
b. do not have enough  
c. look like an onion  
d. are rich  
  
Our bodies can make vitamin D when our skin is exposed to sunlight. However, it’s best to eat a diet that is rich in the vitamin.  
  
4. The remainder of the above incomplete paragraph probably goes on to \_\_\_\_\_\_\_. *(Remember that every paragraph should have a single main idea.)*  
a. say why vitamin C is also important  
b. explain why you should brush your teeth after eating beetles  
c. give some examples of foods that are rich in vitamin D  
d. say which diseases might be prevented by vitamin D  
  
5. Which statement is false?  
  
a. Some foods contain vitamin D.  
b. Our bodies can use sunlight to make vitamin D.  
c. Some people don’t have to get vitamin D from food.  
d. If you’re a child, you will definitely get rickets if you don’t play in the sun.